Mt. Airy Forest Hiking Club meets:

Wednesday: 3:30 p.m.

Saturday: 8:00 a.m.

Sunday: 8:00 a.m.

Mt. Airy Forest Trails

Level 1- Easy

- Tree House Trail
- 30 minutes
- #1 3/4 miles

Level 2- Moderate - Cardio

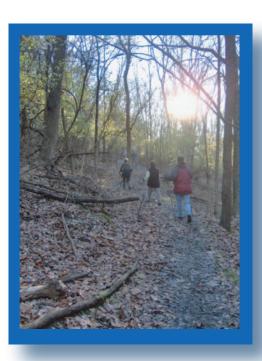
- Scenic Trail
- A few hills
- 1 hour to1 hour and 20 minutes
- **≠** 5 miles

Level 3- Strenuous -Cardio

- Stone Steps Trail
- 25 minutes (warm up), going down hill low grade
- 15 20 minutes up hill (90 steps)
- 15 minutes intermediate small hills & cool down
- 45 to 1 hour total
- # 3-1/4 miles

Your Cincinnati Parks' Hiking Club Membership includes:

- Shirt
- Waist pack
- First Aid kit
- Free admission to experience the beauty of Cincinnati Parks
- ▲ A great opportunity to meet new friends
- Wellness of the mind and body
- Free subscription to the Parkways newsletter



I will join the Cioncinnati Parks' Hiking Club:	
(Print full name for official record)	
Name:	
Address:	
City/State/Zip:	
Email:	
Telephone:	
//	

I would like to make a donation to the Cincinnati Parks' Hiking Club

Type of payment:

Check	Credit Card
	(Visa or MasterCard, only)

Credit Card Number

Billing Address: _____

Expiration Date _____

Check may be made payable to: CINCINNATI PARKS FOUNDATION

950 Eden Park Drive Cincinnati, OH 45202 Phone: 513-357-2621

Fax: 513-352-4096

All gifts are fully tax deductible.